



SLOWING DEVO/WEEK 2

**WEEK ONE #2**

**READ**

*Cast all your anxiety on him because he cares for you. (1 Peter 5:7, NIV)*

**PRAY**

Spend a few minutes praying to God about things that make you anxious.

**REFLECT**

1. Has anyone noticed you walking slowly and asked you what you were doing? What did they say?
  
  
  
  
  
  
  
  
  
  
2. What is one thing you noticed that you didn't before by walking more slowly?
  
  
  
  
  
  
  
  
  
  
3. Has walking slowly messed with your daily schedule? How so?